

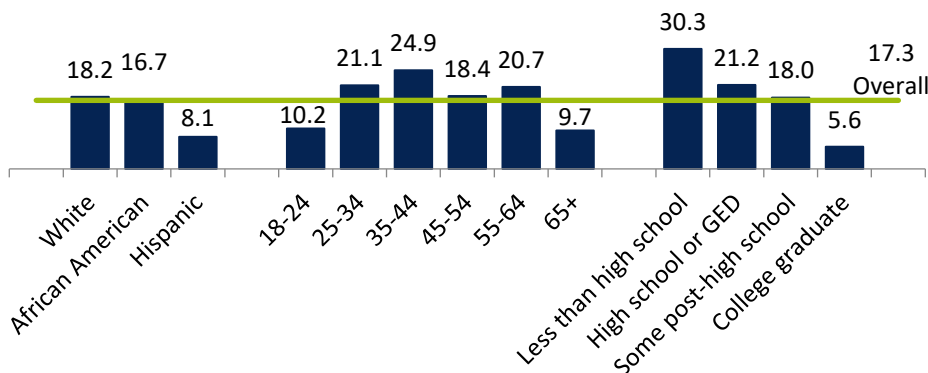
Smoking and Indiana Women

Tobacco use is the leading preventable cause of death and disease in the United States, and smoking is responsible for an estimated 11,100 deaths in Indiana annually.^{1,2} Smoking greatly impacts women's health, as women are now as likely as men to die from many diseases caused by smoking.¹

Smoking among Indiana Women, 2019

- In 2019, 17.3% of adult women in Indiana were current smokers, a significant decline from 23.8% in 2011.³
- Smoking prevalence among Indiana women remains higher than the median smoking prevalence among women nationwide (11.5%).⁴
- Smoking prevalence in 2019 was highest among women ages 35 to 44.
- Smoking prevalence was higher among non-Hispanic white women (20.5%) when compared to both non-Hispanic African American women (13.1%), and Hispanic women (8.0%).
- Smoking prevalence among women declines as education level increases. More than 3 in 10 Hoosier women with less than a high school education (30.3%) were current smokers in 2019, compared with about 1 in 20 women who were college graduates (5.6%).

Percentage of Indiana Women who Currently Smoke Cigarettes, Behavioral Risk Factor Surveillance System 2019



Health Effects of Smoking among Women

The 2014 U.S. Surgeon General's report on the health consequences of smoking concluded that women are now as likely as men to die from many diseases caused by smoking.¹ Smoking substantially increases women's risk of several chronic diseases including lung cancer, heart attack, stroke, emphysema, and other chronic illnesses such as diabetes.¹

Health Effects of Smoking during Pregnancy

Cigarette smoking among women of childbearing age increases the risk of infertility. Smoking among pregnant women also increases the risk of several pregnancy complications, ectopic pregnancy, preterm delivery, stillbirth, low birth weight, and sudden infant death syndrome (SIDS).⁵

Quick Facts:

*In 2019, **17.3%** of Indiana women smoked cigarettes.*

*About **5%** of high school girls and about **2%** of middle school girls in Indiana smoked cigarettes in 2018.¹¹*

*In 2019, nearly **1 in 5** women of childbearing age in Indiana (**19.4%**) were current smokers.*

*In 2019, Indiana's smoking during pregnancy rate was **11.8%**.*

Indiana's smoking during pregnancy rate is almost double the national smoking during pregnancy rate (6.5%).

*Just over half (**50.4%**) of Indiana women who smoke tried to quit at least once in the past year.*

According to the U.S. Surgeon General, women are now as likely as men to die from many diseases caused by smoking.

Smoking and Indiana Women

Smoking during Pregnancy in Indiana

- In 2019, Indiana's smoking during pregnancy rate (11.8%) was nearly double the national average (6.5% in 2018).^{6,7}
- Even more alarming are rates in Indiana counties that exceed state and national averages. Thirty-four counties have a smoking during pregnancy rate significantly higher than the statewide rate, and all but four counties have rates higher than the national average.⁶

Smoking Cessation among Indiana Women

- In 2019, just over half of Hoosier women who were current smokers (50.4%) tried to quit at least once in the past year.³
- More than 1 in 4 Indiana women who smoke (27.2%) report intending to quit within the next 30 days, and nearly 7 in 10 (68.5%) report ever intending to quit.⁸

Benefits of Cessation^{9,10}

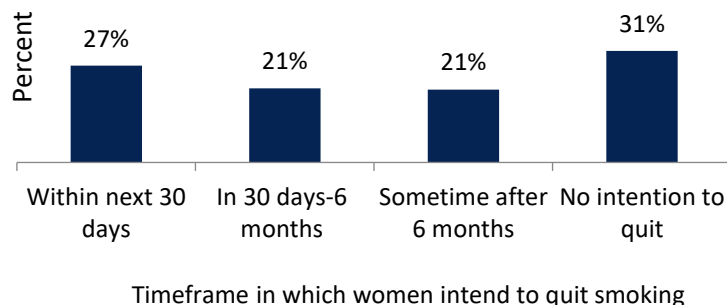
Quitting smoking has numerous health benefits for women, including:

- Reduced risk of chronic diseases such as heart disease, cancer, chronic lung disease, and stroke
- Reduced risk of infertility among women of childbearing age
- Increased energy levels and easier breathing
- Among pregnant women, reduced risk of low birth weight and premature birth.

Resources for Quitting

The Indiana Tobacco Quitline (1-800-QUIT-NOW) offers free, evidence-based cessation services to help tobacco users quit. Pregnant tobacco users who call the Quitline receive an even greater level of behavioral support – 10 calls instead of 4. The treatment plan is tailored to meet their needs, and for those who quit, the Quitline offers additional postpartum contact to prevent relapse. Tobacco users interested in quitting may call 1-800-QUIT-NOW or visit www.quitnowindiana.com for more resources and information about quitting tobacco.

Quit Intentions among Indiana Women who Smoke, 2019 Indiana Adult Tobacco Survey



¹ U.S. Department of Health and Human Services. The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Printed with corrections, January 2014.

² Centers for Disease Control and Prevention. *Best Practices for Comprehensive Tobacco Control Programs – 2014*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014.

³ Behavioral Risk Factor Surveillance System, 2019.

⁴ Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health. Chronic Disease and Health Promotion Data & Indicators. [online] Accessed 9/21/2017. Available from https://chronicdata.cdc.gov/d/wsas-xwh5?category=Survey-Data&view_name=Behavioral-Risk-Factor-Data-Tobacco-Use-2011-to-pr.

⁵ U.S. Department of Health and Human Services. Women and Smoking: A Report of the Surgeon General. Rockville, MD, U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General, 2001.

⁶ Natality, 2019

⁷ Centers for Disease Control and Prevention, National Center for Health Statistics. *National Vital Statistics Reports* Vol 68:13 Available from https://www.cdc.gov/nchs/data/nvsr/nvsr68/nvsr68_13-508.pdf

⁸ Indiana Adult Tobacco Survey, 2019.

⁹ Centers for Disease Control and Prevention. Tobacco Use and Pregnancy [Internet]. Atlanta (GA): Centers for Disease Control and Prevention; 2016 Jul 20 [cited 2016 Aug 9]. Available from <http://www.cdc.gov/reproductivehealth/maternalinfanthealth/tobaccousepregnancy/index.htm>.

¹⁰ Centers for Disease Control and Prevention. Quitting Smoking [Internet]. Atlanta (GA): Centers for Disease Control and Prevention; 2016 Feb 17 [cited 2016 Nov 23]. Available from http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/.

¹¹ Indiana Youth Tobacco Survey, 2018.

* The national smoking during pregnancy rate is calculated from 48 states and the District of Columbia that reported smoking during pregnancy data in 2017.

Updated 12/03/2020